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# AFTER THE CALL



## COPE

Whether you are struggling with stressful calls, life at home is overwhelming, and/or battling an addiction, a solid coping plan is required for you to succeed.

There are several different types of things that one can do, in the moment, to help cope with overwhelming feelings or emotions:

**A** – Find an Activity that you can perform. This could be going for a walk, engaging in a hobby, pick up a book and do some reading, or exercise. If you can expend that energy positively, that is even better!

**C** – Try and Compare your situation/struggle with another's. It is easy to think of how you are worse off than other people; but how are you better off? What are you thankful for?

**C** – Contribute to someone or some thing. This can be through volunteering, mentoring, monetary and food donations, or offering pro bono services. Making others feel better can make you feel better.

**E** – Act with the opposing Emotion. This is easier said than done, but if you are feeling low act like you are not. Engage with something that can elicit the emotion that you wish you were feeling. Watch a stand-up comedian, read a comedy, or an engage with people that will distract from the negative emotion you are feeling. Make sure that you are not engaging with the problem emotion though!

**P** – Take a break by Pushing away your emotion. To clarify, you are not to ignore the emotion entirely, but only for a moment. Come back to the situation, event, or memory that was causing you distress once you have regrouped and are able to engage with it more safely.

**T** – Think differently. This means to think about other neutral or pleasant thoughts. Create a safe place meditation or focus on thoughts that are engaging enough to grab your attention. Perhaps you have an exciting trip that you are planning, or an outing with friends. Put your mind to these things for a while.

**S** – Use your Senses. Angry? Throw ice at the ground. Sad? Find a smell that reminds you of better times. Use you hands to feel, nose to smell, ears to hear, eyes (or your “mind’s eye”) to see neutral or positive things. Take showers, go swimming, use a hot tub, enjoy a sauna, listen to loud music, look at or make art, use aromatherapy, go gardening, or do any other number of things to engage your senses.

(Adapted from Dialectical Behaviour Therapy pioneered by M. Linehan)